

Corn



Eat corn cooked or raw!

¡Saludable y Divertido!

Why is Corn so good to eat?

- * Naturally sugary, delicious and fun to eat - easy to prepare.
- * Always fresh picked - try yellow, white, or bicolor varieties!
- * Don't overcook fresh corn! Steam ears of corn with only 2-3 inches of water on the bottom of the pot. Cover, bring the water to a boil and turn off the heat! The steam will quickly cook fresh corn!
- * Add corn into soups, sautéés, casseroles right off the husk!
- * Eat corn raw! Add kernels to any salad! Goes well with cilantro!
- * Roast corn with other vegetables.
- * Try grilling! Soak husks in water. Corn steams right in the husks.



Grill for just a few minutes and turn often to avoid burning kernels.

How do I make No Cook Corn Salad?

In a large bowl -

Remove raw kernels from the corn cob.

Add all vegetables.

Add flavorings.

Mix well and serve.

Vegetables

4 ears of corn

1 green bell pepper, chopped

6 red tomatoes, chopped

2 medium carrots, grated

¼ cup scallions, finely chopped

Flavorings

1 clove garlic, minced

2 teaspoons olive oil

2 tablespoons apple cider vinegar

½ cup fresh cilantro, minced

¼ teaspoon black pepper

Corn has no cholesterol and is low in fat. (1 medium ear no butter is about 60 calories) 1 cup of corn has almost 4 grams of fiber and 5 grams of protein. 1 cup corn has 41% daily value carbohydrates (carbohydrates include dietary fiber and natural sugars)

Good source of vitamins and minerals: one serving (1 cup) of corn provides 20% of percent daily value for Riboflavin; 43% Thiamin; 52 % vitamin B6 and 30% niacin; 25% iron, 53% magnesium, 37% selenium, 40% Manganese; 7% Vitamin A.